

**I claim:**

1. A hand weight, comprising:

a) a handle; and

b) a plurality of finger sleeves operably attached to said handle, each finger sleeve being designated for a specific finger of a user to support said hand weight from the user's fingers.

2. A hand weight as in claim 1, and further comprising:

a) a handle sleeve wrapped around said handle; and

b) said finger sleeves are attached to said handle sleeve.

3. A hand weight as in claim 2, wherein said handle sleeve is removably secured to said handle.

4. A hand weight as in claim 2, wherein said handle sleeve includes hooks and loops fastener for removably attaching said handle sleeve around said handle.

5. A hand weight as in claim 1, wherein said finger sleeves are oriented transversely to said handle.

6. A hand weight as in claim 2, wherein:

a) said handle sleeve includes a plurality of slots;

and

b) said finger sleeves are looped through respective slots.

7. A hand weight as in claim 1, wherein said finger sleeves are arranged along first and second rows.

8. A hand weight as in claim 7, wherein said first and second rows are disposed angularly from each other such that said first row is disposed on the user's proximal phalanges and said second row is disposed on the user's middle phalanges when the user's fingers are within said finger sleeves.

9. A hand weight as in claim 1, wherein:

a) said finger sleeves comprise a series of vertical walls disposed along said handle; and

b) a strap disposed over top of said vertical walls.

10. A hand weight as in claim 9, wherein:

a) said vertical walls and said strap are made of flexible material; and

b) said strap includes a portion overlying said vertical walls and said portion is adjustably secured in length to said handle thereby to reduce or increase the size of said finger sleeves.

11. A hand weight as in claim 9, wherein:

a) said walls and strap include hook and loop fasteners; and

b) top portions of said vertical walls are removably attached to said strap.

12. A hand weight as in claim 1, and further comprising:

a) first and second weights secured to opposite ends of said handle; and

b) said handle is threadedly secured to said first and second weights.

13. A hand weight, comprising:

a) a handle;

b) a plurality of finger sleeves, each finger sleeve being designated for a specific finger of a user to help support said hand weight the user's fingers when handling said hand weight; and

c) means for attaching said finger sleeves to said handle.

14. A hand weight as in claim 12, and further comprising first and second weights secured to opposite ends of said handle.

15. A hand weight, comprising:

a) a handle;

b) means for supporting said hand weight at least from a user's proximal phalanges; and

c) said supporting means including means for attaching to said handle.